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## ■ PELHAM HOME SHOW:

### Vendors disappointed in attendance

ALLAN BENNER  
PelhamNews Staff

It didn't feel much like spring.

And the below average temperatures might have had an impact on the number of people attending the Pelham Home and Leisure Show during the weekend.

Although Fonthill and District Kinsmen Club reported average ticket sales at the annual spring event, some of the 78 vendors who participated were a little disappointed by the attendance, Saturday.

see **HOME SHOW** | Page 3

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Craig Draper from Aqua-Blue Pools sits with 11-year-old Ryan Ash in a hot tub at the Pelham Home and Leisure Show, Saturday.

ALLAN BENNER Staff Photo



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# upfront

■ **CRIME:** Kijiji experience sours

## In this case, seller beware

**MARYANNE FIRTH**  
PelhamNews Staff

For sale: One antique walnut cupboard. Overseas purchasers need not apply — anyone.

It was while recently trying to sell a piece of furniture online that Gwenn Alves learned a very important lesson.

Though many know the old adage "buyer beware," Alves learned the hard way that sellers also run the risk of being taken for their hard-earned cash.

With the help of her 14-year-old granddaughter, the 70-year-old Pelham resident posted an ad on Kijiji to sell the cupboard — one of several items on her

to-sell list as she readies to downsize.

Less than two hours after the ad went up, Alves received two e-mails from different people expressing interest.

Both were poorly written, marred with grammatical and spelling errors.

"I remember thinking, 'Stop being so picky. The entire world does not have to speak English just because you do,'" the retired educator said, but while admitting the broken English did cause her to have reservations.

Both potential buyers offered to pay her half asking price and asked little about the condition of the piece.

After checking with several family members, who

advised Alves to proceed with caution, she agreed to sell the cupboard to one of the inquirers.

The purchaser, a woman who claimed she was out of town on a business trip, said a shipping company had been hired to deliver the item.

She then claimed to have sent Alves \$1,700 — \$1,000 for the purchase and \$700 for shipping and fees. An e-mail from PayPal, or so Alves thought, verifying the transaction soon popped into her inbox.

Alves then sent the shipping funds via a wire transfer service to pay who she thought was the hired shipping company. Little did she know she had just sent away hundreds of her own dollars

she'd never see again.

No money was ever deposited into her account. The transaction was bogus, as was the e-mail she received doctored with a phony PayPal logo that linked her to the supposed transaction.

It's a story that's all too common, said Det. Sgt. Paul Spiridi of the Niagara Regional Police central fraud unit.

Asked how many similar incidents occur in Niagara annually, Spiridi replied "too many to count, that's the sad part."

And those are only the reported cases.

Many fraud cases go unreported as people often feel foolish or embarrassed for falling victim to a scam,

Spiridi said.

"But it's not how gullible the victim is, it's how good the scammers are."

It's not just individuals pulling these cons, but "very organized groups" who work overseas in a call centre-like setting, Spiridi said.

"They scour the Net for ads, make offers and wait for the seller to take the bait."

"It's become buyer or seller beware," he said, adding people should always take caution when asked to ship an item online.

"You've got to ask yourself 'Why would someone from Spain, England, God knows where want my table, my car?'"

Spiridi's best advice is to "listen to your gut."

He suggested people looking to sell items online only sell to local people and accept only cash payments.

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Twitter: @mfirthTribune

### WARNING SIGNS OF A POTENTIAL ONLINE SCAM

- Correspondence is written in broken English with grammatical and spelling errors
- Buyer is from outside of the area
- Shipping is requested
- An overpayment of funds sent to the seller who is then asked to pay for shipping

■ **MUNICIPAL AFFAIRS:** Pelham hires study consultant for 20,450

## 1978 ward boundaries getting a fresh look

**SARAH FERGUSON**  
PelhamNews Staff

Ward boundaries that haven't changed since 1978 are getting a much-needed review.

Town staff have recommended Watson and Associates, Economists Ltd., and the company will review Pelham's ward system for \$20,453.

The firm will also under-

take a background development charges study as well as a water and wastewater rate study.

The ward boundary study will examine strengths and weaknesses of the town's existing electoral system, engage the public in discussion and review Pelham's population and estimated growth



Dave Augustyn

in each of the current three wards before preparing a final report with recommendations for town council.

If changes to ward boundaries are deemed necessary and are to be approved, town clerk Nancy Bozzato said the study should be completed and a bylaw

put in place by September to allow time for an appeal period.

Although there was no discussion on the matter from council Monday night, Mayor Dave Augustyn said the intention of the study is to have a bylaw in place by the end of the year.

The next election is fall 2014.

During a meeting in December, council asked

town staff to pursue the boundary study and return with a report.

That's when council noted the town is expected to grow significantly, particularly in Ward 3 with development expected to begin in east Fonthill.

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Twitter: s.ferguson25

### By the numbers

- Ward 1 has 4,094 eligible voters.
- Ward 2 has 4,832 eligible voters.
- Ward 3 has 5,744 eligible voters.
- Total number of eligible voters for Pelham is 14,670.

## Lampman

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# tempo

■ **HOME SHOW:** Despite cool temperature event newcomers pleased

## Chilly weather keeps visitors home

FROM PAGE 1

In about three or four years participating in the event held at Pelham Arena, Craig Draper from Aqua-Blue Pools on in Welland said he hasn't seen the home show as slow as it was this year.

Although he agreed that the cool temperatures may have kept some people indoors, he said cold weather plagued the event last year, too.

Nevertheless, he said, the late arrival of spring this year hasn't made pool shoppers forget about last summer's heat wave.

"Because last year was a hot summer, people are going to be looking at pools this year," he said.

Cold temperatures also kept motorcycle enthusiasts at home this weekend.

"There are no bikers here to speak of," complained

John Clare from Clare's Cycle and Sports.

He was at the home show with Bob and Joan Ballantyne from the Fenwick Lions, selling raffle tickets on a \$48,000 Harley-Davidson motorcycle. The winner will be drawn during the club's Biketoberfest on Sept. 21.

Although photographer Amy Thomson heard a few complaints from other vendors about the attendance, she was still thrilled to be part of her first home show.

"I love it," she said, while sketching a picture at her exhibitor's booth.

"It's so much fun. The people are nice, there are a lot of different products and services. I've been told it's slower than past years, but for the people that are coming I'm so happy."

Mary Stanley-Throne and Betty Twomey were

impressed with the event as well.

They were at the event adding names to a list of women interested in joining a local chapter of the Kinettes they hope to form.

Stanley-Throne said a chapter needs a minimum 15 members. Nine interested women had signed up prior to the home show.

"We have been taking names and e-mails and telling people about it," she said, adding they're hoping to get started with far more than the minimum required.

They were also selling spring flowers for \$2 a pot, and they were "selling pretty good, I think," she said.

"We just need to kind of sell the plants to get a little bit of money to just start out"

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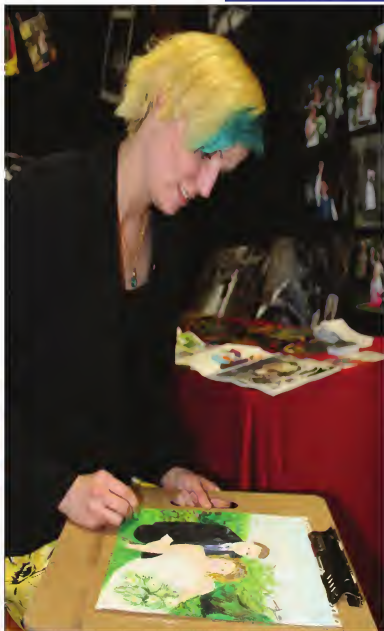
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(Top) Artist and photographer Amy Thomson works on a drawing during the Pelham Home and Leisure Show, Saturday, at Pelham Area. (left) John Clare with, to right, Fenwick Lions Club members Joan and Bob Ballantyne, display the Harley-Davidson motorcycle that will be raffled at Biketoberfest this fall. It drew a lot of attention during the Pelham Home and Leisure Show.

ALLAN BENNER Staff Photos

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## Canadians' personal debt on rise, despite warnings

While packing his woolsies and wellies for his upcoming adventure in Great Britain, outgoing Bank of Canada Governor Mark Carney has again issued warnings to Canadians to get their personal debt in order.

This, if our count is correct, makes at least four warnings within the last three fiscal years.

Among average Canadians, however, these warnings seem to have gone unheard — either because they are not listening or not want to listen.

For the first time ever, largely due to incredibly low interest rates seemingly lingering on forever, the average Canadian's consumer debt pushed above the \$27,000 mark, hitting \$27,485 at the end of 2012, a 6% increase over the previous year.

This debt, by the way, is exclusive of mortgages.

In fact, the credit-monitoring firm, TransUnion, says its financial analysts have not seen such a fast pace in personal debt load since 2009.

Installment debt was up by 9.71% year over year and, after two years of slight decline, debt on lines of credit increased by 2.64%.

Credit card debt, too, moved upwards, despite their outlandish interest demands.

With Carney moving

across the pond by July to take over as governor of the troubled Bank of England, the new Bank of Canada guardianship will likely be less blessed when it comes to raising interest rates.

While Carney hasn't been exactly a wizard when it comes to economic projections, he has managed to steer Canada's economy modestly upward while the rest of the world's mumbled.

But this "free money" system will have to end and if it ends sooner rather than later, Canadians have obviously not readied themselves against a big hurt.

So here is Carney, once again warning Canadians to focus attention on their own bottom lines before the bottom falls out of their ability to pay.

It's a tough situation.

Should the Bank of Canada even suggest another drop in interest rates, it would likely trigger more consumer spending rather than the payday of debt.

Better, instead, to warn of an imminent rise in rates in case someone actually chooses to listen.

Even if it has yet to work.

—Sun Media

### ■ DO YOU REMEMBER?



**SUPPLIED PHOTO**  
Klager's Food Market is the oldest store operating in Fonthill, Gordon Klager having set up the business in 1934. In this photo provided by the Pelham Historical Society, pictured are (first row) Eleanor Arbour (Klager), Gord Klager, Ruth Klager, (second row) Diane Swart, Alice Arbour, Bob Hicks, Lori Ivankovich, Fred Arbour, Jean Bowly, Ona Holler. Third row: Lawrence Antonsyn, Carson Bowly, Ray Baker, John Wicks, and Gord Rice. You can contact the society by e-mail at pelhamhistoricalimages@yahoo.ca.

### ■ COLUMN:

## A journey to happiness

Like most people, I want to be happy.

And over the years I've sought happiness in many ways, including golf (which hurt my back and made me angry), yoga (which hurt my back and made me angry) and transcendental meditation (which initially succeeded because it put me to sleep, and I'm pretty happy when I'm sleeping, but then I woke up with a sore back and got angry).

Still, my search continues. That's why I was thrilled to receive news about a new book titled Sustainable Wellness: An Integrative Approach to Transform Your Mind, Body and Spirit.

According to authors Dr. Matt Mumber and Heather Reed, the key to happiness is awareness.

"Human happiness and wellbeing are rudderless without awareness, which I define as the quality of paying attention to what's going on in the present moment from an inquisitive, nonjudgmental and focused perspective,"



IAN GILLESPIE

states Mumber in a press release.

The authors explain there are seven steps necessary for attaining this sublime state of "mindfulness."

I'd like to share those steps with you, along with some helpful personal insights to guide your journey to harmony and happiness:

**Beginner's Mind:** According to the authors, this is "the ability to see things with new eyes."

Apparently, some people find this difficult. I, however, have been practicing "beginner's mind" most of my life. My secret? Don't pay attention when learning or doing anything that way, you will have no

idea what's going on and be constantly confused—just like a blissful beginner.

**Trust:** According to the authors, we need "to trust that our thoughts and feelings at any given moment have value." I find this hard to do, because my thoughts are lame and worthless. If you ask me, the best way to value our dumb thoughts and selfish feelings is by ignoring the smart thoughts and noble feelings of everyone else.

**Non-judging:** This, say the authors, is "the ability to see things for what they are ... without thinking of anything as categorically better or worse than anything else." Sound tricky? It's not. Just do what

I do and devote your days to thinking of absolutely nothing.

**Patience:** The authors provided a detailed description of this step, but it looked like it would take a long time to read so I skipped it. And you know what? I felt happy.

**Acceptance:** This is a crucial step, but many people find it intimidating. I believe it helps to remember phrases like "whatever" and "no worries" and "couldn't care less."

**Letting Go:** This is defined as "refusing to attach to specific thoughts, feelings or behaviours." That sounds challenging. I prefer to re-frame it as "going back to sleep."

**Non-striving:** The authors state that, "In our goal-oriented society, this may seem counter-intuitive." I disagree. In my experience, "non-striving" is as natural as falling asleep and hurting my back.

In conclusion, I think you'll agree that attaining "mindfulness" is a wonderful goal that can only be accomplished by not paying attention to anything.

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■ **AGRICULTURE:** 22 vendors are awaiting May 2

# Pelham farm market celebrating 10th year

SARAH FERGUSON  
PelhamNews Staff

It's about time to get fresh in downtown Fonthill. That's because Pelham Farmers' Market is making its return.

Market program organizer Bev Yungblut says 97-year-old Ivor McCarthy — one of the oldest local farmers — will cut a burlap sack Thursday, May 2, to signal the beginning of the market.

Twenty-two vendors will then commence selling their produce and products.

Having McCarthy open the market is just one of the ways

organizers are highlighting the 10th anniversary of the farmers market.

Other ways the farmers' market is celebrating its decade anniversary include coupons on opening night, monthly giveaways and "other surprises will be on that night, too," Yungblut says.

Marketgoers can again expect to see a variety of events at the market including Kids Can Grow Day, when kids plant pumpkin seeds, and the Fenwick Lioness will hold a strawberry social.

Pelham Cares Hamper Day is July 4, when it will be made

easy for patrons to donate fresh fruit and veggies to the local aid organization.

New this year is the Zucchini and Vegetable Spectacular. Children and adults will participate in a carving contest in which they will make a vehicle from zucchini and other vegetables.

Yungblut says organizers try to keep the farmers' market a traditional one, offering up a variety of fresh local fruits and vegetables.

"We try not to have too many crafters or non-farm vendors to keep it a true farmers' market," Yungblut says.

"(The market) is also important because we feel it brings families out and encourages people to eat and buy local and healthy foods."

Pelham Farmers' Market will run every Thursday from 4:30 p.m. to dusk May 2 until Oct. 24 in Pelham Town Square.

## Pelham Farmers' Market

- May 30: Kids Can Grow Day.
- June 20: Fonthill Lioness strawberry social.
- July 4: Pelham Cares Hamper Day.
- Aug. 15: Zucchini and Vegetable Spectacular. Kids and adults are invited to carve vehicles from

- zucchini and other vegetables.
- Aug. 22: Fonthill Lioness to host a peach and ice-cream social.
- Sept. 26: Fall Festival and pumpkin contest.
- Oct. 3: Pelham Cares Hamper Day.
- Oct. 10: Fire Prevention at the Market.

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# Vine gains on beer in national wine sales

**JOHN MINER  
and JEFF BOLICHOWSKI**  
QMI Agency Niagara

**ST. CATHARINES** — Move over beer — wine's closing the cash gap on you.

New statistics show beer's dominance of Canada's alcohol beverage market by dollar value continues to slide, with consumers increasingly turn-

ing to wine.

Despite the report showing a surge in Canadian taste for the grape, Ontario grape growers aren't ready to pop the cork and celebrate just yet.

The fly in the bottle?

While wine consumption is up, purchases of imported wine are growing faster than sales of Ontario wine.

"If the numbers are pointing more toward imports, it's not a good sign. But it is a good sign people are choosing wine," said Grape Growers of Ontario CEO Debbie Zimmerman.

She said that means securing better access to the marketplace for Ontario wine.

"We're certainly hoping that consumers, when they're exposed to Ontario wine, they usually choose it again," she

said.

"But they have to be able to get it at their local LCBO outlets as well, or it has to be convenient for them to get."

Bill George, chair of the Grape Growers and a Niagara farmer, said Ontario wines need to get a leg up on their competition from abroad.

"It's good the trends are going toward wine, but we do need to out-pace imports if

we are going to have a profitable, sustainable position for the grape-growing industry," he said.

Statistics Canada figures released last Thursday show beer commanded a 44% market share by dollar value last year, down from 50% a decade earlier.

Meanwhile, wine climbed to a 31% market share from 24% over the same decade. The share for spirits edged down to 25% from 26%

over the same period.

Last year, wine sales in Canada amounted to \$225 per person, or 16.9 litres — nearly four times more than was bought in 2002.

Ontario wine now accounts for 38% of the wine bought in the province, while 62% is imported.

The grape growers are out to change that, setting a target of having half the wine purchased in 2020 to be from Ontario.

To get there, growers want the Liquor Control Board of Ontario to give Ontario wine more shelf space, advertising and promotions.

"You will quite often see 'wines of Italy' and 'wines of Spain' promotions. We do have 'wines of Ontario' promotions as well, but we would like to see more of those. It would go a long way," George said.

## Special Services for the 55+ Crowd



Christa Fraser, sales associate with Goldwell Banker The Brick Realty Ltd. Brokerage, has earned the Senior Real Estate Specialist (SRES) designation from the National Association of Realtors.

To earn this designation Christa successfully completed a comprehensive course in understanding the needs and goals of buyers and sellers aged 55 years and older.

A realtor in Niagara since 1987, the SRES designation gives Fraser the expertise and knowledge to counsel clients in making informed decisions about selling the family home and securing a smaller home, condo, land lease, life lease, vacation property or moving to an adult lifestyle community. "This is another tool in the toolbox which I can offer people when they are ready to make a move," Ms. Fraser said. The real estate market is a moving target, it is constantly changing and it is imperative to be able to recognize the shifts in the market and advise clients accordingly. Even the options in housing have changed tremendously during my 26 year career." Along with the designation, Ms. Fraser receives regular updates on SRES issues and changes so she always has up current information for her clients.

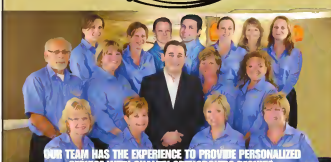
Ms. Fraser moved to Fonthill in the early '80s and has never looked back. "I love this region. It has so much to offer families of all ages. And Niagara is the second largest retirement area in Canada, so it makes sense to offer specialized service to this age group."

I enjoy working with the 55+ crowd, and I understand a lot of the decision making process when trying to decide if they want to make a change in housing. It's not unusual to have a client call me and ask me to help their parents or children make a move," says Fraser. "In a lot of cases my clients have become life-long friends. I've seen their families grow and grow up, and changing lifestyle is often what precipitate a move."

Christa Fraser can be reached at her office, at 1-855-357-9700, email her at christa@ropegco.ca, or text direct at 416-696-6475.

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Thursday May 2nd 9:30am - 10:30am

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### Walking Club - Everyone is welcome! - April 30th and May 2nd

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(8+ yrs) 6:00-6:30pm

Drop in and try any session for \$4.50 or purchase your 10 + 2 bonus passes for \$40 at Pelham Town Hall.



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### Summer Program Registration

Registration for the Aquatics programs and Summer Camps is now open. Details and application forms are available at [www.pelham.ca](http://www.pelham.ca)

### Pelham Farmers' Market - OPENING DAY MAY 2 - Pelham Town Square

2013 marks the 10th year for our vibrant Farmers' Market! Come out and meet your local market vendors and purchase food that is fresh, high in quality and the next best thing to harvesting it yourself. Every Thursday from May 2 to October 24, 4:30 pm till dusk.

### E. L. Crossley Secondary School 50th Reunion - May 17, 18 & 19

All past and present students are invited for a weekend celebration featuring special messages from former graduates, memorabilia displays, food vendors, a pub night, a street dance featuring alumni Crossley bands and a presentation of arts, drama and music. For more information, visit [www.elcrossleyalumni.com](http://www.elcrossleyalumni.com) or call (905) 892-2635.

### 5th Annual Pelham Mayor's Gala - Saturday, May 25

Mayor Dave Augustyn and community volunteers are hosting a night of intrigue and entertainment at "Casino Royale" at Lookout Point Golf & Country Club, 209 Tice Road, Fonthill. Funds raised will support the Rivett Skeels Park, the Niagara Centre Seating Club and the Pelham Community Fund as part of the Niagara Community Foundation. Individual tickets are available at Pelham Town Hall and are \$135. Sponsorships are also available. For more information, contact (905) 892-2607 ext. 337.

### Fenwick's 160th Anniversary Celebration - Saturday, June 1, 10am-11pm

Enjoy a summer's day filled with heritage, activities, music and buskers - all for free. A "heritage" focus will accompany the celebrations and all in attendance will be able to walk freely on the closed streets. Participant application and sponsorship forms are available at [www.pelham.ca](http://www.pelham.ca). Decorations (swags & bows) are still available for purchase on a first come, first served basis.

### Pelham Summerfest 2013 - Thursday, July 18 until Sunday, July 21

It's never too early to start thinking about Pelham's summer fun festival! Check out [www.pelhamsummerfest.ca](http://www.pelhamsummerfest.ca) for updates. Art show, vendor and sponsorship applications are now available online.



## NOTICES & REMINDERS

### Join the Communities in Bloom Committee!

This Town Committee is dedicated to keeping Pelham beautiful and planning events such as Pelham's Annual Garden Tour and Community Participation Days in the Spring and Fall. To join or for more information, contact (905) 892-2607 ext. 341.

### List Your Business in the Town of Pelham Recreation, Culture & Wellness Guide

Fill out a business directory information card with the Town of Pelham by visiting Town Hall or contact 905-892-2607, ext. 315.

### Book the Arena Hall or Old Pelham Town Hall for your next function or event!

For more information, contact (905) 892-2607, ext. 329.

### Reminder for Dog Owners

Please note that in accordance with By-Law 97-2010, dog owners and walkers are required to remove all feces left behind on private or public property. Please remember to be responsible and stoop and scoop!

### Keep Pelham Streets "Lit"

Report any problems you notice with Town streetlights to Public Works at (905) 892-2607, ext. 332. Please remember to provide the pole number for the hydro utility to investigate.



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■ **CRIME:** Water scam in Pelham

## Door-to-door water filter sales irk Pelham residents

Niagara Regional Police are reminding the public not to feel pressured into entering contracts about door-to-door water filter salespeople in Pelham. Police said Pelham residents have complained that salespeople are showing up at their doors asking to inspect their water meters for filters.

Residents are left with the impression the inspection is being conducted on behalf of the town, but it is not.

Police said while many legitimate businesses seek

customers through door-to-door sales, some use high pressure pitches and mislead potential customers.

Residents are reminded to take time to verify claims and not be pressured into making quick decisions.

For information about consumer rights, residents can go to the Ministry of Consumer Services website [www.sso.gov.on.ca/mcs/en/Pages/Door\\_to\\_Door\\_Sales\\_Rights.aspx](http://www.sso.gov.on.ca/mcs/en/Pages/Door_to_Door_Sales_Rights.aspx).

People who believe they are the victim of fraud can report the matter to police.

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SARAH FERGUSON Staff Photo

Pelham Centre School students cleaned up their school yard Friday as part of School Participation Day. Pictured from left to right are Theodore Collings, Emma Brownlee, Liam Milan and Emily Shatford.

## ■ COMMUNITIES IN BLOOM: Spring signals return of trash talk

# Pelhamites challenged to clean up their act

SARAH FERGUSON  
PelhamNews Staff

Pelham residents have been upping a challenge: tidy up.

On Friday, students from local schools were out cleaning up their respective school yards as part of Communities in Bloom's three-day spring cleaning challenge for the Town of Pelham.

Pelham Centre School was one of many whose students braved the rain to participate and put up litter around the area.

The kids always "play hard" and know the importance of keeping their school yard clean, said Pelham Centre cleanup organizer Amanda Huntington.

Liam Milan, a Grade 7 student at the school, said putting garbage where it belongs is easy — and when he sees anyone throwing trash on the ground instead of in a garbage can, he has a very important question to ask.

"I'd ask them why it's so hard to take that extra step and put garbage in garbage cans."

Theodore Collings, a Grade 4 student, said there are plenty of animals that live in and around Pelham Centre's

It's important to clean because

**we want to have a clean school and we want to have a clean environment."**

Emma Brownlee

school yard.

"We have unique animals in the backyard and we don't want to hurt them (from garbage left on the ground)," he said.

Grade 6 student Emma Brownlee said each year, all of the students in her school go out to pick everything up that doesn't belong outside. These items include empty water bottles, plastic bags left behind and juice boxes.

"It's important to clean because we want to be a clean school and we want to have a clean environment."

Corporate Challenge Day, which invited local businesses to step outside their storefronts to clean up, was held last Thursday.

The main event took place last Saturday, welcoming residents to participate in Community Clean Up Day at Centennial Park in Fenwick

from 9 a.m. to 1 p.m., with a free lunch provided to participants by the Fabulous Fenwick Lions.

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## ■ COMIC BOOKS

# Free Comic Book Day approaching

Christmas is coming for comic book lovers.

Pulp Comics owner Paul Tappay says his store at 4559 Queen St. in Niagara Falls, will host Free Comic Book Day on Saturday, May 4, beginning at 10 a.m.

The event is held at comic book stores worldwide — Pulp Comics is one of many stores that offer free comic books to the public.

"We opened the store four years ago and since then we've given away for free each year," Tappay says.

The event, in its 11th year, sees comic book stores

distribute free comic books to people on the first Saturday in May.

Tappay says everything anyone could possibly want to read is up for grabs — that includes Superman, Batman and the popular Walking Dead series as well as another well known comic book titles.

A selection of free comic books will also be available at Pelham Public Library to give out on May 2 and 3.

Free comic books will be available while supplies last. For more information about Free Comic Book Day call Pulp Comics in Niagara Falls at 905-353-0666.



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ALLAN BENNER Staff Photo]

Alex Gray holds one of his many remote-controlled boats he plans to sail on the Chippawa Park pond this summer. City council approved a request from Niagara Marine Modelers to use the pond for members' hobby.

## ■ NIAGARA MARINE MODELERS: RC boats buoyed by city

## Model citizens

ALLAN BENNER  
PelhamNews StaffWELLAND —  
Chippawa Park  
pond will become  
a navigable water-  
way this summer  
— for pint-sized  
boats.That comes  
as great news to  
people like Alex  
Gray, a member  
of Niagara Marine  
Modelers.And he hopes  
to spend as many  
weekends as possible  
this summer at  
the newly refurbished  
pond.“We want to  
run our boats and  
enjoy ourselves,  
but at the same  
time we want to  
try and attract the  
attention that it  
deserves and try  
and get the people  
interested,” he  
said.“If there’s an event  
or a festival on  
the water, we want  
to work with the  
city to put on a  
display.”Gray said the  
club, formerly the  
Port Colborne  
Marine Modelers,  
recently changed  
its name “because  
Welland was so

open to us.”

The new name, he added,  
also better reflect the clubs  
growing membership, which  
currently includes eight  
model boat enthusiasts from  
throughout the region.This week city councillors  
approved a report allowing  
the members of Niagara  
Marine Modelers to use the  
pond this summer.Rather than just accept  
the club’s proposal for  
information, Ward 4 Coun.  
Pat Chiochio amended  
the motion to support the  
request.Indeed, the modellers’  
proposal floated councillors  
boats.“This is exactly the  
type of group and community  
involvement we’re looking  
for,” said Ward 6 Coun. Jim  
Larouche.“It really adds to the ...  
expansion of the Chippawa  
Park club house, and it  
really give groups like this  
an opportunity to have a  
home base and at the same  
time allows the public to  
come out and enjoy the type  
of activities that this group  
will be offering.”Said Mayor Barry Sharpe,  
“It’s one of those situations,  
councillors, when you can’t  
help but say ‘I love it when  
a plan comes together.’”The pond walls were  
recently rebuilt.“We’ve got federal funding  
for 50% of the cost of  
completely renovating andcreating a wonderful new  
facility in Chippawa Park  
from the long-closed pool  
building there, and now a  
trial season is being set up  
for the model boats to use  
the Chippawa Park pond.  
I think there are four wins  
here, it’s a win-win-win-win  
situation,” the mayor said.It’s hard to imagine that  
anyone would be opposed  
to the model boats to use  
the Chippawa Park pond.  
I think there are four wins  
here, it’s a win-win-win-win  
situation,” the mayor said.Just before Gray  
approached the city  
requesting use of the pond,  
he said there was a report  
about someone using a  
model boat to chase duck-  
lings around a pond. That  
type of behaviour would  
be accepted by other club  
members.“We want to make sure  
we’ll be well protected and  
anyone else coming there,  
if they start running improp-  
erly, we can basically say,  
“Pack it up please.” Gray  
said. “We’re hoping to use  
the pond in a positive way.”He said years ago another  
model boat club used to sail  
their crafts on the pond as  
part of the Welland Rose  
Festival activities, “and we  
just want to keep up that  
tradition.”

allan.benner@sunmedia.ca

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## ■ GUINNESS WORLD RECORD: Welland parents join worldwide effort

# Aiming for record diaper change

MATT DAY  
QMI Agency Niagara

NIAGARA FALLS — It didn't matter if their babies needed a change or not.

At 11 a.m. Saturday, about 20 parents from Niagara took part in the Great Cloth Diaper Change in hopes of helping to break a Guinness World Record.

For the past three years the worldwide cloth diaper changing challenge has been

held the weekend before Earth Day to raise awareness about the benefits of using cloth diapers instead of disposable diapers.

Niagara's participants gathered at Cheeky Monkeys' Indoor Playland in Niagara Falls and simultaneously changed their babies.

A witness recorded the event and the information was sent to the challenge's official website. Last year's record was 8,251 participants

in 189 locations and as of April 2 this year, there were 285 hosts in 17 countries registered.

Crystal Cline, the Niagara Falls event's host, said the benefits of using cloth diapers far outweigh the benefits of using disposables.

"A lot of moms have issues with disposable diapers and toxins," she said, adding cloth diapers are a green alternative.

According to the Real

Diaper Association, a U.S.-based non-profit organization dedicated to promote the use of cloth diapers, 27 billion disposable diapers are sent to landfills in the United States every year.

Welland's Melanie Senesni has used cloth diapers for her one-year-old since birth.

"She said she's enjoyed saving money the most."

"And I find it absolutely not to be more work, maybe two extra loads of laundry a week,"

she said.

This was the first year she and her friend Sam Campbell decided to take part in the challenge.

Campbell, who also owns her own cloth diaper production company in Welland, called Ella Bella Bum, said she believes the demand for the disposable alternative is growing. She estimates selling about 100 cloth diapers a week through her online store.

"It's great to know I'm helping others and not contributing to landfills," she said.

In previous years, the challenge was held simultaneously around the world, but this year the format changed.

Cline said under the new method, a world record should be easily attainable.

"Before, people had to wake up at 2 a.m. to change their babies diapers. Now it's held 11 a.m. local time," she said.

## ■ BRANCH DISPOSAL:

## Branch collection to be held in May

Spring branch collection starts May 6. Curbside branch collection is available across Niagara to all single residential households and apartments with six units or less.

Branch collection runs Monday, May 6, to Friday, May 31, and falls on residents' regular garbage/recycling collection day. On the designated collection day branches must be at the curb by 7 a.m. and must be tied in bundles that weigh less than 22.5 kilograms and must not be more than 1.5 metres long and 50 centimetres wide. Individual branches inside of bundles can not be longer than 7 cm.

Branches and yard waste can also be dropped off at Niagara Region's landfills or residential waste drop-off depots year-round for free.

Even though leaves and yard waste are still collected curbside on regular collection day, all grass clippings are banned from curbside collection.

For more about branch removal information call the Waste Info-line at 905-356-4141 or 1-800-594-5542 or visit [www.niagararegion.ca/waste](http://www.niagararegion.ca/waste)

## ■ PELHAM CARES

## Many days to celebrate 30 years of Pelham Cares

SARAH FERGUSON  
PelhamNews Staff

Pelham Cares is getting ready to celebrate its 30 years of service in the community.

And volunteers of the organization have been busy planning plenty of activities that will be spread throughout the year to recognize the occasion, says client services coordinator Betty Brown.

With the support of the com-

munity, Brown says, Pelham Cares is able to subsidize children in need so they can participate in sports and leisure activities.

The organization is probably best known for providing food to families and individuals in need and arranging so that seniors are driven to medical appointments they wouldn't otherwise be able to attend.

Pelham Cares is working with the Town of Pelham

to sponsor two half-days of the municipality's Summer Playground program on July 10 from 9:30 a.m. to 11:30 a.m. at Centennial Park and Aug. 14 from 1:30 p.m. to 3:30 p.m. at Pelham Arena.

"We choose to sponsor the playground program because we wanted to offer the kids something they wouldn't have as part of the program," Brown said.

Children are invited to see

the antics of a magician and enjoy special treats as part of the program.

Parents can learn more about the Summer Playground program by calling the town at 905-892-2607 ext. 2607.

Also this year, a local towns unit will help decorate shopping carts for collection of canned goods for Pelham Cares during the Canada Day Parade.

During the summertime,

Brown says, cupboards at the organization are arm's very full, so the local courts will be collecting items such as canned fruit, meat and veggies.

Pelham Cares will also throw a birthday bash at Pelham Farmers' Market on Sept. 5. Although plans for the celebration are still in the planning stages, Brown says there will be birthday cake, balloon animals and a stilt walker to

entertain children.

One of the final events to celebrate Pelham Cares' three decades of service in the community will be held on Oct. 1.

National Seniors Day is during the beginning of October and we want to plan a special event to commemorate it," Brown says.

"We just want to spread (the activities) throughout the year to say thank you. The community has been so good to us."

## ■ MENTAL HEALTH

## Mental health programs offered

NIAGARA FALLS — Healing begins one session at a time.

Canadian Mental Health Association Niagara has two new programs it's promoting to the public.

A Session at a Time offers individuals aged 16 or older who are experiencing high stress or emotional upset quick access to therapy services with walk-in single-session counselling. The program runs every Wednesday from 12:30 p.m. to 8 p.m. at the CMHA Niagara Falls Resource Centre, 6760 Morrison St.

CMHA has also launched its Mental Health Urgent Support Services program, which provides mental health, additions and situational support to individuals aged 16 or older.

The self-referral drop-in program runs Monday to Friday from 11:30 a.m. to 7 p.m. at 15 Wellington St. in St. Catharines and 6760 Morrison St. in Niagara Falls.


Mental health counsellors are available to assist individuals in meeting non-emergency, non-urgent needs and to provide problem solving, goal setting, linking to appropriate community support and bridging to long-term resources.

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■ **PETER GUDRUNAS:** 'I still watch Dad and I'm mesmerized by it'

# Glass artist captivates local audiences

**ALLAN BENNER**  
PelhamNews Staff

**PORT COLBORNE** — A room full of curious people

asking questions didn't distract Peter Gudrunas from

giving his full attention to the red-hot molten glass he was working with.

"My place does not look like this normally," he said, gesturing to the rows of chairs set up in his studio at Sirius Glassworks.

In an age when factories make pretty much everything, hundreds of people visited his 2735 Hwy. 3 shop on the weekend for a chance to watch an artisan at work.

It was the first

time glassblower Gudrunas had held an open house in about 20 years.

"It's nice," he said. "I'm not around people a lot so it's very pleasant. People are enjoying it and I'm not distracted from what I'm doing."

Gudrunas's daughters Deirdre and Iris organized the open house.

"It's been a long time since we've had a big open house," Deirdre said, adding it was an opportunity for a lot of friends and loyal customers to visit the shop — as well as people from throughout the community.

Said Iris, "It's really nice to

have people in here. People are curious about it. I still watch Dad and I'm mesmerized by it."

Charlie Diefendorf made the trip from Buffalo to watch the glassblower in action.

He said he already has several items created by Gudrunas, adding "it's just wonderful stuff."

"This just amazes me," Port Colborne resident Bob Haymes told Gudrunas following a demonstration. Haymes visited the shop Saturday with his wife Brenda.

[allan.benner@sunmedia.ca](mailto:allan.benner@sunmedia.ca)

## TENDER

**2013-T-113 (RN I3-13)**

### 2013 Structural Rehabilitation Program (Region-wide)

Sealed tenders, plainly marked as to contents, will be received by the office of the Regional Clerk, Niagara Region, 2201 St. David's Rd., Thorold, ON, until 2 p.m. local time on **Tuesday, May 7, 2013.**

The work to be carried out under this contract consists of, but is not limited to, the rehabilitation of the following structures:

- Killins Bridge (Structure No. 014225)
- Fifteen Mile Creek Bridge (Structure No. 024210)
- Four Mile Creek Bridge (Structure No. 087220)
- Niagara Street Bridge (Structure No. 050205)
- Emerson Bridge (Structure No. 084215)
- Montrose Road Culvert (Structure No. 098310)

This contract utilizes the "Niagara Peninsula Standard Contract Document" (Revision 13) which forms the specification documents excepting the "Special Instructions to Bidders, Form of Tender, and Supplementary Special Provisions." The "Standard Document" is available on the Internet at the "Bid Opportunities" section of the Niagara Region website, [www.niagararegion.ca](http://www.niagararegion.ca).

Plans, specifications, and Form of Tender may be obtained from Niagara Region Public Works, 2201 St. David's Rd., Thorold, ON. A non-refundable payment in the amount of **\$25.00**, reflecting part of the cost of document preparation, will be required for each set of tender documents taken. Tender documents will be available for pickup **after NOON on Tuesday, April 23, 2013.** Plans and specifications may be viewed without charge, but not removed, at the major construction association offices.

All tenders must be accompanied by a tender deposit in the amount of **\$100,000.**

Tenders will be publicly opened at 2:15 p.m. at 2201 St. David's Rd., Thorold. The lowest or any tender will not be necessarily accepted.

For further information, you may contact **Mr. Jason Marr, P. Eng.**, Senior Transportation Project Engineer at 905-685-4225 ext. 3552.

Thorold, Ontario  
April 18, 2013

Kenneth J. Brothers, P.Eng., F.W.A.  
Commissioner of Public Works

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**ALLAN BENNER Staff Photo**  
He demonstrated how to make glass objects by hand.



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■ BARTENDING: EXPERT TEACHES LOCALS A FEW TRICKS

# Serving with some flair

ALLAN BENNER  
PelhamNews Staff

**WELLAND** — When ordering a drink at Cheer's Restaurant, don't be surprised if the bartender spins the bottle in the air and flips it behind her back before she fills your glass.

You know, like Tom Cruise did in the late '80s flick *Cocktail*.

Business owner Barry Rolph looked up flair bartender Troy Loton from Fine Art Bartending School in Hamilton and asked him to make a trip to his East Main St. establishment Saturday to teach his staff a few tricks.

"It's not so much for showing off, it's actually for people that are working," Rolph said.

**"It gives them a lot of confidence and if they're smiling more, the customers are smiling more."**

"You can do a couple little things while you're working without looking like competitive flair bartenders."

He said it was also an opportunity for some camaraderie-building amongst his serving staff.

"It's something unique," he added.

Loton said besides adding some flair to the bar, the tips he taught the servers will help make them work more efficiently.

"It gives them a lot of confidence, and if they're smiling more the customers are smiling more," he said.

Adding some flair to pouring drinks will set Cheer's apart from other local establishments. "Basically, it's going to be service with style," Loton said.

He said the Cheer's servers quickly caught on to many of the tricks and techniques he taught them, working with plastic bottles filled with water.

Flair bartender Troy Loton shows staff at Cheer's Restaurant a few tricks, Sunday. The bartender came from Fine Art Bartending School in Hamilton to educate staff on how to do tricks while serving customers.

ALLAN BENNER Staff Photo

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SUPPLIED PHOTO

USS (Ubiquitous Synergy Seeker) is heading the fifth installment of Owenpalooza this July alongside fellow Canadians Hollerado.



■ **MUSIC:** Charity concert in memory of Owen Patrick Harold

## Rockers return for Owenpalooza

MARYANNE FIRTH  
 PelhamNews Staff

WELLAND — Call it a reunion of sorts. Not only will family and friends of Owen Patrick Harold be coming together on July 27 to celebrate the life of the well-loved Wellandite, so, too, will the bands that have previously rocked Owenpalooza.

Past headliners of the growing music festival, now in its fifth year, are joining forces this summer to make the commemorative concert bigger and better than

ever.

USS (Ubiquitous Synergy Seeker), Hollerado and These3Cities will return to the stage at Auberge Richelieu for the 19-plus show that honours the memory of Harold, who died in a car crash in 2008 at age 22.

Also on the roster are Bratwurst Days and The Fortune Runners.

Along with a reputation for energetic stage shows, Canadian duo USS is best known for singles *Yo Hello Hooray (Everyday)* and *Damini* from the 2011 album *USS Approved*.

June-nominated indie rockers Hollerado hit the charts in 2010 with *Juliette* and again in 2012 with the popular song *Pick Me Up*. Tickets for Owenpalooza, which go on sale in May, are \$20 in advance and \$25 at the door.

For up-to-date information and details on ticket sales, visit [www.owenpalooza.com](http://www.owenpalooza.com) or on [fb.me/1563m6g](https://www.facebook.com/1563m6g). Funds raised through Owenpalooza support the Notre Dame Owen Harold Scholarship Fund to assist students from Harold's former high school.

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SARAH FERGUSON Staff Photo

Patti Fagan has the first business in Pelham to be recognized as bicycle friendly by the Welcome Cyclist Network. The network lists places across Ontario that welcome cyclists to their establishments.

■ **CYCLING:** Cafe owner part of Welcome Cyclists Network

## Bike-friendly business puts Pelham on the map

SARAH FERGUSON  
PelhamNews Staff

Wearily cyclists looking for a place to rest their aching muscles now have a designated place to stop in Pelham.

Patti Fagan's coffee shop on Pelham St. is the town's first bicycle-friendly business — one of the newest members of the Welcome Cyclists Network.

The recognition means cyclists are welcome to drop into Cafe on Main to look at a map, use washroom facilities, fill up water bottles or grab a bite to eat.

For cyclists looking for more information about places to cycle, maps and a list of bicycle-friendly businesses, the Welcome Cyclists

Network is the go-to source. The network is a program that certifies and promotes bicycle tourism across Ontario and is helpful for cyclists planning single day or multiple day trips on their bikes, says Fagan.

"I wanted to be one of many other cycling-friendly businesses. There is a connection between business and cyclists and I hoped by joining it would lead to a spin-off of others joining," says Fagan, a cycling enthusiast herself.

"We're living in a wine and tourist area and the home of cyclist Steve Bauer. We should be emphasizing cycling."

Fagan says the criteria to become bicycle-friendly includes offering healthy food choices, having cycling

maps handy and a place for cyclists to secure their bikes.

As the town completes its application to become recognized with a Bicycle Friendly Communities designation, municipal recreation, culture and wellness co-ordinator Jessica Ruddell says Pelham is hoping to develop its own network to recognize bicycle-friendly places and businesses.

To learn more about becoming bicycle friendly, visit [www.welcomcyclists.ca](http://www.welcomcyclists.ca).

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■ **BOXING:** topic line here

# Club's 12-bout card rumbles in results for boxers

SARAH FERGUSON  
PelhamNews Staff

Nappers Boxing Club's first club show in more than a year was a knock-out success.

The 12 card bout, held April 5 at the Royal Canadian Legion branch 4, attracted boxers from the Niagara

region and as far away as Toronto. Seven local boxers from Nappers competed.

There were numerous rounds of highlights throughout the night, placing the spotlight in the corners of some local Fonthill competitors.

In the main event, light-

weight boxer Star Jackman knocked down experienced boxer Max Rizzi, from Bigtyme Boxing Club. It was the use of difficult combinations and determination that fueled the Fonthill boxer's win and recognition for bout of the night.

"It's a lot of pressure

boxing in the main event in your home town, especially when the crowd was electric like it was and he stayed calm, focused and secured the hard fought victory," head coach Ray Napper said about Jackman.

Also ringing in a stellar performance was 22 year-old



ALLAN BENNER Staff Photo

Welland city council congratulated, from left, Brenda and Ray Napper from Nappers Boxing Club for 35 years of training local champions and promoting fitness in the city, Ward 3 Councillor Mike Greiner presented the owners of the Park St. gym with a plaque in recognition of its 35th anniversary.

## NOTICE OF COMMENCEMENT

### Smithville Patrol Yard and Pelham Patrol Yard Regional Municipality of Niagara Municipal Class Environmental Assessment

#### Background

In 2004 the Regional Municipality of Niagara completed a report identifying the opportunities and constraints related to managing the future maintenance and operation of their current inventory of patrol yards, (1) Thorold, (2) Welland, (3) Pelham and (4) Smithville, for the next 10 years. This report recommended the Regional Municipality of Niagara have the option to decrease their current inventory of Patrol Yards and the Regional Municipality of Niagara should be proceeded with a review of options.

#### The Project

AMEC Environment & Infrastructure has been retained by the Regional Municipality of Niagara to undertake a Class Environmental Assessment investigating the opportunity for a new patrol yard. Three (3) options will be analysed:

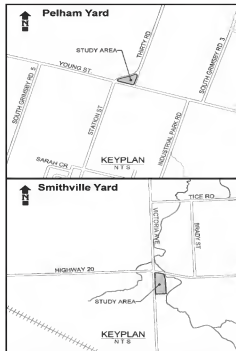
1. Move Operations to an expanded Pelham yard and close Smithville Yard;
2. Move Operations to an expanded Smithville Yard and close Pelham Yard;
3. Move Operations to a new Smithville Yard and close the existing Smithville and Pelham Yards.

The proposed work could include the siting and construction of a new patrol yard, connecting the future patrol yard to the existing road network.

#### The Process

This study will be undertaken as a Schedule A\*, and will follow the approved process of the Municipal Class Environmental Assessment, and will conform to Planning Act requirements and with other municipal requirements. Schedule A\* projects are limited in scale, have minimal adverse environmental effects, are pre-approved and may proceed to implementation without following the full Class EA planning process.

Subject to the receipt of necessary approvals, the Regional Municipality of Niagara intends to proceed with the



planning, detail design, and construction of this project. Should you have any comments or questions regarding the study, please contact the undersigned.

**Mr. Paul Smeltzer, P. Eng.**  
Consultant Project Manager  
AMEC Environment & Infrastructure  
3215 North Service Rd.,  
Burlington, ON L7N 3G2  
Phone: (905) 335-2353  
Toll Free: 1-866-751-2353  
Fax: (905) 335-1414  
paul.smeltzer@amec.com

**Ralph Scholz, P. Eng.**  
Associate Director, Transportation Operations  
Regional Municipality of Niagara, Public Works Department  
2201 St. David's Rd., P.O. Box 1042  
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Phone: (905) 685-4225, ext. 3622  
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With the exception of personal information, all comments will become part of the public record.

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bantam weight Todd Napper.

His performance secured him a third-round referee stop contest win over Mark Malabanan of HUF Boxing.

"He (Todd) showed he has an unbelievable amount of skill, discipline and heart which is why we picked him as boxer of the night," coach Napper said, describing his brother's performance as "impressive".

With that, Todd was honoured with the Raymond Douglas Napper most Sportsmanlike Boxer. Adding an extra punch to the honour is the fact that it's the same award that was named after Todd's grandfather, a two-time Olympic coach.

Making his ring debut, Andy Tober, 23, of Fonthill, boxed out his competition by earning a unanimous decision, defeating Toronto's Antonio Dimitrovski of Ashukians Boxing.

"David really well, especially for his first bout," Napper said.

"He really kept his composure which is hard to do in your first bout let alone in your home town, which in Welland, is a lively crowd."

Also entering the ring was Sierra Picton coming out with a repeat win.

Picton, 23, returned to the ring to secure another decision over Lisette Gonzalez of Toronto's Komb Arts Boxing Club. It was a repeat performance of the Ontario

Championship bronze medal match where Picton defeated Gonzalez.

"We are all very proud of Sierra and the success she has (when participating in competitions)," Napper said.

Brandon Dills, 18, defeated Abdullah Carriere of HUF Boxing in a unanimous decision in their heavyweight bout.

"Brandon looked great. He is a great young guy with a ton of talent. He hits really hard and he has great head movement," Napper said.

While weight boxer David Calix's performance comprised of a close-split decision.

Calix, 18, jumped in the ring to face-off against Keith Hart of Firepower Boxing Club. Calix lost, however, it was a closely-competitive bout that could have ended in either opponent's favour, Napper said.

"David landed hard punches and Keith was a tough kid who just wouldn't go away."

Napper's coaching experience doesn't just stay within the rings of Nappers Boxing Club.

He was officially named a coach for Team Ontario's Junior and Youth team for the upcoming Canadian Championships in Quebec City in November.

Sarah.ferguson@surmedia.ca  
Twitter: s\_ferguson25



■ **ROWING:** Five E.L. Crossley student athletes receive scholarships

## Graduation presents

BERND FRANKE  
PelhamNews Staff

Five E.L. Crossley graduates won't all be in the same boat when a new school year and another rowing season begins in September.

By then Maria Gearing and Skylar Luttjehuizen will have joined one-time high school teammate Sami Tober at the University of Tulsa, while Lauren Aiello will be farther south beginning her freshman season at the University of Central Florida.

Adrien Kawalek and Natalie Tavares, who also parlayed success in rowing at the club and high school levels in to four-year, athletic scholarships, will start getting used to juggling sports and studies as student athletes at Michigan State and the University of Tennessee's Knoxville campus, respectively.

While living away from home will be something new for them, none of the five will need any introduction to the commitment the sport requires on the water and in dryland training.

Aiello, who plans to study romance languages in her first year at Central Florida, is the most experienced in Crossley's latest class of scholarship recipients. The Grade 12B student spent the past two years rowing for the Cyclone after attending Notre Dame for her first three years of high school.

Iowa and Tulsa also expressed interest to adding the 18-year-old Welland native to their crews but Centon Florida was the only suitor offering the French, Italian and Spanish.

"I really liked the campus. That was really the school I was set on," said Aiello, who ranks a gold medal finish in a women's double at the 2012 Stotsbury Cup in Philadelphia as the highlight of her rowing career so far.

"That was my first big win," said Aiello of her pace-setting victory at the world's largest high school regatta.

Her teammate at Stotsbury was Aldea Kawalek, who is now completing her first year at the UCLA on a rowing scholarship.

Skylar Kawalek, 17, Aldea's younger sister, also switched to Crossley after beginning her high school rowing

career at Notre Dame. Like Aiello, she also won gold at last year's Stotsbury Cup, her first-place finish in a women's coxed four.

Adrien Kawalek, who plans to major in health sciences, found Michigan State's main campus in East Lansing anything but spartan. She cited an "excellent coaching staff, welcoming and determined teammates and the terrific campus" in her decision to accept the school's offer.

"My overall experience there really sold it for me."

After their campus visits Gearing, 18, and Luttjehuizen, 17, both felt that Tulsa would be fit their needs academically as well as academically.

"When I got home from my recruiting trip, I told my family 'This is the school I am meant to go to.' Tulsa is my perfect fit. It is a competitive team, which I love, and I believe in the potential of the girls," said Gearing, a multi-sport athlete who has medaled at provincial high school championships in basketball, cross-country and hockey in addition to three golds in rowing at the Schoolboy and two at Stotsbury.

The 18-year-old from Pelham is taking pre-med in hopes of becoming a pediatrician.

"The entire rowing team and all of the coaches were welcoming and made me feel at home. I know that Tulsa will provide me with an amazing education while giving me the opportunity to continue with my athletic career," said Luttjehuizen who is from Danville and will be studying biology at the Oklahoma school.

Her high school rowing highlights include two golds at last year's Stotsbury and a bronze at Stotsbury, also in 2012.

Tavares, 18, Crossley's reigning female athlete of the year, had first-place finishes at Stotsbury in 2011 and 2012. Last year she also won gold at the Schoolboy and finished second for the South Niagara Rowing Club at last summer's Royal Canadian Henley Regatta.

The accounting major is looking forward to experiencing the different cultures of the southern state."

bernd.franke@sunmedia.ca



BERND FRANKE Photo Today

E.L. Crossley rowers Maria Gearing, from left, Skylar Luttjehuizen, Natalie Tavares, Adrien Kawalek and Lauren Aiello will all be attending universities in the United States on athletic scholarships.

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<b>Port Colborne High School</b> 211 Elgin Street, Port Colborne Day Program - Room 314	Wednesday, May 1 1:00 p.m.
<b>Oakwood Park Lodge</b> 6747 Oakwood Drive, Niagara Falls Eve & Wind Program - Garden Rm	Saturday, May 4 10:00 a.m.



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**TIMMS, Les H.** - Passed away peacefully with his family by his side after a courageous battle with cancer on April 18th, 2013 at the St. Catharines General Hospital in his 85th year. Loving husband and best friend of June. Deeply missed by his daughter Shelley and step sons Paul (Leah) and David. Also missed by brother-in-law Jack (Jean) Gray, sister-in-law Marion Timms, nephews Tim (Donna) and Richard (Brenda) Tufford, nieces Marlene (Tim) Tempest, Christine (Adrian) Barnister, nephews Roy (Wendy), Bruce (Terri), Art (Sharon) Timms and many grand-nephews and grand-nieces and their families. Predeceased by his parents Reg and Sarah Timms, his mother-in-law Marjorie Gray, his sister Eileen Tufford and brother Rex Timms. Les worked in the family businesses all of his life, serving as vice-president of Niagara Lumber and the R. Timms Construction and Engineering Ltd. He belonged to many clubs such as the Welland Jaycees, the Welland Optimist (past president), the Welland Club (past president), the Welland Museum Board, Welland Little Theatre and various coffee clubs. Other interests included golf, his pet dog and in his youth, riding show horses. Friends will be received at the **JAMES L. PEDLAR FUNERAL HOME**, 1262 Pelham Street, Fortnithill on Friday, April 26th from 2-4 and 7-9 pm. A memorial service will be held Saturday, April 27th at Holy Trinity Anglican Church, 1557 Pelham Street, Fortnithill at 11:00 a.m. In lieu of flowers, a memorial donation may be made to Holy Trinity Anglican Church (Fortnithill), Fortnithill United Church or the Welland Hospital Foundation. Online condolences may be forwarded through  
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30 Caps FREE**  
while supplies last



## Leaf Source STOPS PAIN WITHIN DAYS!

**"It works! I'll take another two bottles please!"**

This coming from a customer who had tried every other natural remedy under the sun in the past few years to take away her pain. In fact, the owner of The Healthy Cupboard couldn't believe his ears. He had finally found the perfect product to stop his customer's miseries. This is what every owner of a health food store dreams about, a natural product that receives so many outstanding testimonials on such a wide variety of health issues. "I had recommended a new product called LeafSource, which we recently started carrying. We have had tremendous success with this product, and almost everyone we have recommended it to over the last few months has come back and thanked us over and over again" said Ian. Before trying LeafSource, the woman had complained about her ongoing joint pain and was at her wit's end. Although she had experienced some relief through the numerous natural remedies she had tried over the years, the pain would never fully go away. "She returned to my store, in tears, less than one week after buying LeafSource. I didn't know what to make of this woman standing in front of me crying, until she told me that within a few days of taking LeafSource her pain started to disappear and within a week it was completely gone - as if it was never there." Ian goes on, "This coming from a woman whose painful joints and ongoing sciatica were so bad just one week earlier, that the pain was unbearable but now has completely subsided." By now you are probably

wondering what is LeafSource and why is it so effective? LeafSource is a 100% natural product derived from a proprietary organic mineral composite with over ten years of university research. LeafSource helps regulate the inflammatory process and the body's ability to repair itself. The vast majority (70 - 80%) of the population over the age of 50 have joint problems — often called osteoarthritis. This is due to the natural (or unnatural) wear and tear on joint tissue that develops through the aging process. With joint inflammation, movement is limited and pain can be constant. LeafSource seems to have the ability to help people get their mobility and zest for life back. Millions of people seek treatment for their joint and inflammation problems by resorting to expensive, toxic prescription drugs (i.e., NSAIDs) with multiple side effects. These range from nausea and vomiting to serious intestinal disorders (bleeding, gas, pain) and even kidney and liver failure. Isn't that too large a price to pay for a little pain relief? LeafSource is a safe alternative to these destructive anti-inflammatory drugs that cause more problems than they solve. There are absolutely no side effects and it doesn't interfere with any other medications. Controlled experiments and observations have revealed that LeafSource is a potent anti-inflammatory that has been shown to bring a reduction to inflammation and pain within a few days. People notice great results in terms of more energy and less pain by taking

anywhere from 2 to 6 capsules/day. Typical maintenance is usually 1 capsule twice daily. This product gets results! LeafSource is scientifically validated through more than 10 years of research at 4 universities, including the Department of Pharmaceutical Sciences, Mercer University. Aside from its incredible anti-inflammatory and pain reducing ability, it has also been shown to improve the performance of your daily nutrition and vitamin programs. It helps increase the absorption of vital nutrients, which in turn helps these nutrients work better. Better absorption = better results! It's almost as if they have become supercharged! LeafSource has also been shown to help enhance energy levels, improve intestinal health, strengthen hair, skin and nails and improve immune function. To see someone go from intense pain to a new lease on life within a week is truly incredible. Imagine being able to move freely without pain. Who wouldn't want to get out of bed in the morning with more energy? It's amazing how much of this stuff we take for granted, until it's gone! Ian adds, "I often recommend that LeafSource be taken with other natural joint products in order to help them work better and provide even faster relief. One of the things I hear most often from people who have tried LeafSource is they just plain feel better, have more energy and less pain. We're so confident, we guarantee LeafSource 100%! That alone should be enough to try this incredible product."

**LOSE THE PAIN**  
LeafSource

**\$300  
OFF**

The Healthy  
Cupboard

WITH COUPON EXPIRES MAY 11TH, 2013

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